

Torrance Community Services Department
YOUNG SENIORS NEWSLETTER

VOLUME XXXVII - NUMBER 5

MAY 2010

11th Annual SENIOR FAIRE

Celebrating *Older Americans' Month*:

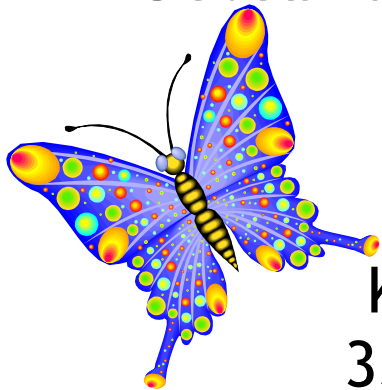
'Age Strong Live Long!'

Saturday, May 8, 2010

9:30 a.m. to 2:30 p.m.

Ken Miller Recreation Center

3341 Torrance Blvd., Torrance



Arts and Crafts

Entertainment

Food Booths

Health Information

Blood Pressure Screenings

Community

Resource Information

Door Prizes



Torrance Police Department &
Torrance Community Services Department
Present

SENIORS

“Don’t Be Scammed!”

IDENTITY THEFT



*Seniors, caregivers, family, & friends,
learn ways to prevent identity theft, the fastest
growing crime in the United States.*

***Katy Geissert Civic Center Library
Community Meeting Room
3300 Civic Center Drive, Torrance***

***Tuesday
May 18, 2010
10 a.m.***

***Resource Information will be available from
KEEP –SAFE
H.E.L.P.***

National Telemarketing Victim Call Center NTVCC

***For more information contact T.P.D. Community Affairs at (310) 618-5735
or visit our website at: www.Police.TorranceCA.Gov***

- Light refreshments will be served ****

“Remember, when working together we can accomplish a safer community.”

Chief John J. Neu

TORRANCE TRAVELERS

New Tours! *On the go again!*

Please join us for the following SUMMER 2010 excursions designed for those 50 years of age and over:

Thursday, July 29, 2010

MUSEUM of NEON ART & CITY NEON LIGHTS TOUR

Dinner at *Canter's Delicatessen and Restaurant*

\$108 per person

Torrance resident

\$128 per person

Non-resident

Sunday, August 8, 2010 ~ *DISNEY MUSIC HALL*

Frank, Tony, & The Maestro ~ Lunch at *San Antonio Winery*

\$104 per person

Torrance resident

\$124 per person

Non-resident

September 13-15, 2010 ~ *LAS VEGAS ODYSSEY*

With 2 nights at the *Golden Nugget Hotel & Casino*

\$163 per person twin

\$223 per person single

\$183 per person twin

\$243 per person single

Torrance resident

Non-resident

Register for SUMMER 2010 excursions on:

Friday, June 4, 2010

9 a.m. to 11 a.m.

Ken Miller Recreation Center

3341 Torrance Boulevard in Torrance

(Near Madrona & Torrance Blvd. behind the Torrance Plunge)

Torrance resident registration begins at 9 a.m.

Non-resident registration begins at 10 a.m.

For openings after June 4, 2010 or for cancellations,
please call our Tour Information line at 310-618-2468.

Torrance Travelers

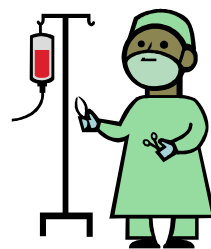


On the go again!

Fun Fridays and the Young at Heart Theatre Group Presents:

M * A * S * H * E * D

4077th Unit



Join the 4077th unit of *M * A * S * H * E * D* as they attempt to perform their own talent show when the USO show gets lost!

The line up includes Private Klinger, Colonel Peter Potter, Roselyn Radar, Chef Wolfgang Green, Dr. Oops-Keforkian, Major Frank Burnz-Out, Marilyn Monroe Doctrine, and many more!

Luncheon Menu:

***Meatloaf, M*A*S*H*E*D Potatoes & Gravy,
Peas & Carrots, Dinner Roll, and 38th Parallel Dessert***

Friday, June 18, 2010 at 11:30 a.m.

\$8 per person

Ken Miller Recreation Center ~ 3341 Torrance Blvd., Torrance

Don't miss this fabulous show!

Tickets are on sale now at Bartlett Center!

Torrance Travelers

On the go again!

For tour openings, more information, or to add your name to our mailing list, please call our Tour Information line at 310-618-2468.

Sold Out!

MORRO BAY RAIL 'N SAIL

May 19 & 20, 2010

Fee: \$271 per person

LEAVES FROM WILSON PARK on 5/19/10 at 8 a.m.

\$317 per person single

RETURNS on 5/20/10 at approximately 6 p.m.

All aboard for our Rail 'n Sail tour to Morro Bay! Spend some time along the scenic central coast as we explore all that it has to offer – from spectacular ocean views to wine tasting – it's all waiting just for us! We'll ride the rails away from the hustle and bustle of Los Angeles and chug past long stretches of white sandy beaches and lush farmlands. On this overnight adventure, we'll spend the night in the cozy seaside village of Morro Bay. We'll have an opportunity to sip some wine at the *Morro Bay Wine Seller* and enjoy a sunset dinner cruise aboard *Chablis Cruises*. This elegant evening features a gourmet dinner featuring fresh, local ingredients as we sail the calm waters of Morro Bay. After a peaceful night's sleep, we'll awake to breakfast at the hotel before being joined by a local guide for a tour of the area. We'll learn about the coastal community's rich history and natural resources before being treated to a traditional *Santa Maria style BBQ tri-tip* lunch. A drive home down the coast rounds out our exciting Morro Bay Rail 'n Sail!



Sold Out!

SANTA BARBARA SUNSET



Wednesday, June 16, 2010

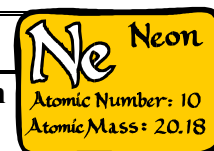
Fee: \$95 per person

LEAVES FROM WILSON PARK at 8:30 a.m.

RETURNS at approximately 8:30 p.m.

All the ingredients of the fabled California lifestyle come together in Santa Barbara. The city has a colorful history, distinctive architecture, a glorious climate, and friendly people; we'll experience it all on this fun tour! We'll spend the morning traveling to Santa Barbara via deluxe motorcoach. Upon arrival, we'll head down to historic *Stearns Wharf*, the oldest operating wharf on the west coast. We'll have lunch on the wharf at *Moby Dick's Restaurant*, where we'll have our choice of a Turkey Sandwich w/ French Fries; a Sourdough Bread Bowl filled with Clam Chowder; Chef Salad; B.L.T Sandwich w/ Fruit Cup; Fish & Chips; a Garden Burger w/ French Fries; or a Chicken Caesar Salad. All entrees include Apple Pie and coffee or iced tea. After lunch we'll be joined by a local guide as we set out to explore Santa Barbara. Nicknamed the *American Riviera*, this scenic seaside city bears a strong resemblance to the Greek Isles and Spain's Costa del Sol. Rich in history and unparalleled beauty, Santa Barbara is truly a sight to see. Highlights include the *Moreton Bay Fig Tree*, and the *County Courthouse* with its sunken gardens, hand painted ceilings, and murals adorning the walls. We'll also drive past *Mission Santa Barbara*, known as the *Queen of Missions* for its graceful beauty. We'll have some free time to stroll down *State Street* where we'll discover galleries, boutiques, souvenirs shops, and so much more. As the sun begins to fade into the Pacific, we'll climb board Amtrak to relax during our sunset ride home. We'll travel through sleepy beach communities and watch surfers catching one last wave as we make our way home.

NEON LOS ANGELES



Thursday, July 29, 2010

Torrance resident Fee: \$108 per person

LEAVES FROM WILSON PARK at 5:30 p.m.

Non-resident Fee: \$128 per person

RETURNS at approximately 11:30 p.m.

Join us for a nighttime bus tour of neon signs, movie marquees and permanent installations of neon art throughout downtown and Hollywood. Developed by The Museum of Neon Art (MONA) in 1985, the narrated tour points out prime examples of local neon's aesthetic dimensions . . . placing them firmly in the context of the culture and history of Los Angeles. Before we visit MONA, we'll head over to Canter's Delicatessen and Restaurant on Fairfax, a family run business that started in Jersey City, New Jersey in 1924 and has been a Los Angeles landmark since 1931. Canter's is one of the few delicatessens in the United States that pickles their own pickles fresh in-house every morning. Their bakery goods are baked fresh twice daily on the premises and their potato salad, cole slaw, egg salad, and turkey salad are freshly prepared in house every day. After dinner, it's over to MONA for a tour of the museum and a wine and cheese reception. Then we'll board a double-decker tour bus for a neon tour of Los Angeles and Hollywood.

"FRANK, TONY, & THE MAESTRO" at the DISNEY CONCERT HALL



Sunday, August 8, 2010

Torrance resident Fee: \$104 per person

LEAVES FROM WILSON PARK at 10:15 a.m.

Non-resident Fee: \$124 per person

RETURNS at approximately 5:30 p.m.

Spend a Sunday afternoon with Friends and the California Philharmonic Orchestra! Designed by architect Frank Gehry, Walt Disney Concert Hall is designed to be one of the most acoustically sophisticated concert halls in the world, providing both visual and aural intimacy for an unparalleled musical experience. We'll enjoy a concert performed by the California Philharmonic Orchestra. Only a glimmer in the eye of Maestro Victor Vener a few twelve years ago, the Orchestra has grown up to take its rightful place as a leader and innovator in the cultural landscape of Los Angeles County. Timeless music performed by world-renowned musicians deftly led with a passion and energy unique to Maestro Victor Vener is the delightful fare that awaits you at each concert. For lunch we'll visit the *Maddalena Restaurant* located inside the heart of *San Antonio Winery*. We'll dine among century-old redwood aging casks in Maddalena's unique, gourmet trattoria. Lunch includes each guest's choice of entrée, dessert, and beverage. What a splendid way to spend a summer day!

LAS VEGAS ODYSSEY



September 13, 14, & 15, 2010

LEAVES FROM WILSON PARK on 9/13/10 at 8 a.m.

RETURNS on 9/15/10 at approximately 6 p.m.

Torrance resident Fee: \$163 per person twin

\$223 per person single

Non-resident Fee: \$243 per person single

\$263 per person single

Pack your bags and come with us on this fun, new *Las Vegas Odyssey* tour! We'll visit some of the most exciting new hotels and attractions the city has to offer! On this new adventure we'll visit the *Wynn* and *Encore* resorts, *Red Rock Resort*, the new *Palazzo*, and the spectacular "*M*" *Resort*. Tour includes a two night stay at the *Golden Nugget Hotel & Casino*, a welcome beverage and a buffet breakfast at the Golden Nugget.

CENTERS

HERMA TILLIM SENIOR CITIZENS CENTER

3614 W. Artesia Blvd. 310-329-1889

Tuesday, Wednesday, and Thursday 9 a.m. to 4 p.m.

TUESDAY	9 a.m. - 4 p.m.	BRIDGE AND TABLE GAMES
	9:30 a.m. - 11:30 a.m.	CRAFTS WORKSHOP
WEDNESDAY	9 a.m. - 4 p.m.	PINOCHLE AND TABLE GAMES
	9:30 a.m.	GENTLE FITNESS AND CHAIR DANCING
	12:30 p.m.	MOVIE MATINEE - First Wednesday of the month
THURSDAY	9 a.m. - 4 p.m.	CENTER IS OPEN
	9:30 a.m. - 10:30 a.m.	DANCERCISE with Richard Simmons video
	12:30 p.m. - 3 p.m.	BINGO – Play Bingo with friendly people. We have a very nice group, and a great caller! Please bring a canned good or non-perishable item worth \$1.



TILLIM MOVIE MATINEE! Join us for movies at Tillim Center

First Wednesday of Each Month at 12:30 p.m.

FEATURED FILM FOR MAY 5, 2010

Ghosts of Girlfriends Past

Rated PG-13 for sexual content throughout, some language, and a drug reference.

FEATURING: Matthew McConaughey, Jennifer Garner, & Michael Douglas.

Movie for June: *Hotel for Dogs*

WALTERIA PARK SENIOR CITIZENS CENTER

3855 W. 242nd Street – 310-378-3862

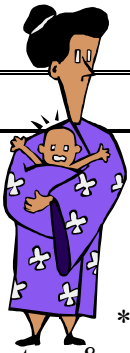
MONDAY 12 noon to 4 p.m. * Table Games and Pinochle *

THURSDAY 12 noon to 4 p.m. * Table Games and Bridge *

Coffee & cookies always just 30¢!

Join us on Mondays and Thursdays for Pinochle and meet our friendly group of card players! Bring your favorite board game and let's play! How about a hand of Bridge? We have a great Thursday Bridge group and we're always looking for new players to join us! If you're interested, come on down!





FRIDAY RECREATION CENTER SENIORS

Ken Miller Recreation Center - - - - 3341 Torrance Blvd.

(Near Madrona & Torrance Blvd., behind the Torrance Plunge)

Fridays only * Coffee, tea, and cookies 25¢ all day

Chair Exercise * 8:15 a.m. - 9:45 a.m. **Fee: \$25/Semester**

* Gentle stretching and low-impact movement will be done while seated and standing

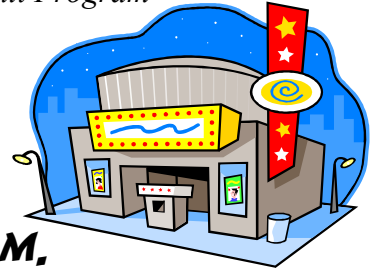
* Restore & maintain joint range of motion * Toning & firming to improve flexibility and cardiovascular health

Yoga * 1:15 p.m. - 2:45 p.m. **Fee: \$25/Semester**

Yoga brings together the mind, body, and much more – anyone can do it!

Basic postures and relaxation techniques will be covered. Please bring your own mat.

*Classes are offered in cooperation with Torrance Adult School Older Adult Program
and the City of Torrance Community Services Department.*



THURSDAY & SATURDAY MATINEES!

FREE MOVIES & POPCORN

BARTLETT CENTER CONFERENCE ROOM AT 12:30 P.M.

April 29, 2010

May 1, 2010

Duplicity

Rated PG-13 for language
and some sexual content.

Julia Roberts,
Clive Owen,
& Paul Giamatti

May 6 & 8, 2010

State of Play

Rated PG-13 for some violence,
language including sexual references,
and brief drug content.

Ben Affleck,
Russell Crowe,
& Rachel McAdams

May 13, 2010

**Bartlett Center is closed
on Armed Forces Day!**

Ghosts of Girlfriends Past

Rated PG-13 for sexual content throughout,
some language, and a drug reference.

Matthew McConaughey,
Jennifer Garner,
& Michael Douglas

May 20 & 22, 2010

Flash of Genius

Rated PG-13 for brief strong language.

Greg Kinnear,
Lauren Graham,
& Dermot Mulroney

May 27 & 29, 2010

Phoebe in Wonderland

Rated PG-13 for thematic
material and brief strong language.

Elle Fanning,
Patricia Clarkson,
& Bill Pullman

SEATING IS LIMITED TO 25 PEOPLE - NO RESERVED SEATS - DOOR OPENS AT 12 NOON!

Mother's Day


BARTLETT SENIOR CITIZENS CENTER

1318 Cravens Avenue 310-320-5918

HOURS: MONDAY through SATURDAY - 8 a.m. to 4 p.m. SUNDAY - 12:30 p.m. to 4 p.m.

Hot, nutritious lunches served MONDAY through FRIDAY at 11:30 a.m. for the low cost of \$2. Please make reservations at least 24 hours in advance. If you need to cancel, please call so that others may take your place.

Card Games, Table Games, and Pool playing all day, everyday, plus the following scheduled activities:

	MONDAY	8:05 a.m.-9:35 a.m.	“Fitness Difference for Seniors” Co-Sponsored by Torrance Older Adult Program	Fee: \$25/Semester
		9 a.m.-11 a.m.	Knitting & Crocheting Workshop	
		9 a.m.-12 noon	Wire Wrapping Workshop - first & third Mondays of each month	
		9:30 a.m.-12:30 p.m.	Lapidary Workshop	
		2 p.m.-3:30 p.m.	Senior Exercise Co-Sponsored by Torrance Older Adult Program	Fee: \$25/Semester
TUESDAY		8:05 a.m.-9:35 a.m.	Low Impact Aerobics Co-Sponsored by Torrance Older Adult Program	Fee: \$25/Semester
		9 a.m.-12 noon	Shuffleboard	
WEDNESDAY		8:05 a.m.-9:35 a.m.	“Fitness Difference for Seniors” Co-Sponsored by Torrance Older Adult Program	Fee: \$25/Semester
		9 a.m.-3 p.m.	Beadwork Workshop	
		2 p.m.-3:30 p.m.	Senior Exercise Co-Sponsored by Torrance Older Adult Program	Fee: \$25/Semester
THURSDAY		8:05 a.m.-9:35 a.m.	Low Impact Aerobics Co-Sponsored by Torrance Older Adult Program	Fee: \$25/Semester
		9 a.m.-12 noon	Shuffleboard	
		9 a.m.	Ceramics Workshop	
		9:30 a.m.-12:30 p.m.	Lapidary Workshop	
		12:30 p.m.	Thursday Afternoon at the Movies	
FRIDAY		8:05 a.m.-9:35 a.m.	“Fitness Difference for Seniors” Co-Sponsored by Torrance Older Adult Program	Fee: \$25/Semester
		9:30 a.m.-11:30 a.m.	Crafts Workshop	
		12:30 p.m.-2:30 p.m.	Seniors Open Discussion Group	
SATURDAY		9 a.m.-12 noon	Shuffleboard	
		9 a.m.	Bridge and assorted table games are played	
		9:30 a.m.	“The Swinging, Singing Seniors” Newcomers WELCOME!	
		9:30 a.m.-11 a.m.	South Bay Strummers Ukulele Group	
		12:30 p.m.	Saturday Afternoon at the Movies	
SUNDAY		12:30 p.m.-4 p.m.	Bartlett Center is Open! Drop on in!	

Special Notes: Legal Advice is available by appointment on the third Tuesday of the month at 1:30 p.m.

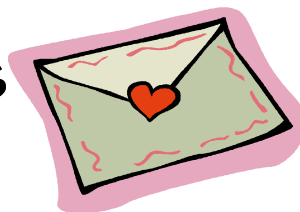
HICAP (Health Insurance Counseling & Advocacy Program) - Counselor Doris Herzog provides free assistance with Medicare and other health insurance information on the third Wednesday of each month.

Please call 310-320-5918 to make an appointment.

Torrance Loving Care “TLC” Tuesdays Tillim Senior Center!

First Tuesdays ~ 9:30 a.m. - 11:30 a.m.

Join this new, monthly crafts workshop on the first Tuesday of each month and create greeting cards for patients in the Veterans Hospital. It's a great way to express our appreciation for our men and women who have served our country. April's cards were sent to the Los Angeles Children's Hospital.



Gentle Fitness

Gentle Fitness uses stretching, self-massage, exercise, and breathing techniques that are easy, natural, and therapeutic. It's great for strength, flexibility, and balance. Chair Dancing gives you a full body workout as you move to the beat of the Charleston, the Twist, and much more! It will help lift your spirits and it just feels good!

**Wednesdays at 9:30 a.m.
Tillim Senior Citizens Center
3614 W. Artesia Blvd. in Torrance
310-329-1889**



SEA-AIRE SENIOR CITIZENS GOLF CLUB

Sea-Aire Park - 22730 Lupine Drive - 310-543-1583 - 9 holes

Meets Every FRIDAY from 8:30 a.m. to 11 a.m.

Upcoming general meetings are May 7 and June 4, 2010

If you are a senior and would enjoy getting out for a morning of "pitch & putt" competition and good fellowship, come on out and see what we have to offer!

The March Tournament was the "Best Two Scores out of Three" held on Friday, March 26, 2010. Twenty-four members played in teams of three with only the best two scores on each hole counting to the team total. Two-thirds of the combined handicaps were then deducted to reach the final results.

Results of the "Best Two Scores Out of Three Tournament"

First @ 90 net Frank Berry, Joyce Eby, & John Holzman

Second @ 91 net Gary Matske, John Turner, & Haydee Bandic

Third @ 97.7 net Ron Caruso, Ray Felice, & Tony Maes

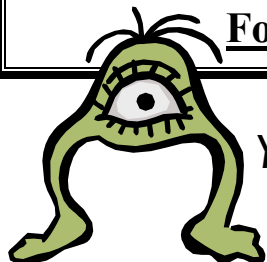
Fourth @ 98.7 net Dave Baird, Don Sturges, & Bev Flynn

FOCAL POINT PROGRAM

The Torrance Focal Point Program provides free information and referral, and links seniors with appropriate services. One goal of the Focal Point Program is to help decrease the frustration of making numerous phone calls or trips to find the right information.

Focal Point is open Monday through Friday from 9 a.m. to 3 p.m.

For more information, call 310-320-1300 or 310-320-5918.



You can observe a lot by just watching. ~ Yogi Berra